WRITTEN TEST

This test has four sections and contains 169 questions. The passing score is 70.

- Written Communication Skills (40 questions)
- Reading with Understanding (35 questions)
- Accuracy of Observation (40 questions)
- Biographical Inventory (54 questions)

There is a two-hour time limit for completion of the test. Test will be scored off site, and final results will be available by the end of the next week.

PHYSICAL AGILITY TEST

This test measures your strength and endurance by basic calisthenic movements.

STRENGTH TEST

KNEE BENT SIT-UPS:

The raw score is your total number of sit-ups successfully completed in one minute.

PUSH-UPS:

The raw score is your total number of push-ups successfully completed in one minute.



STARTING POSITION

DOWN POSITION

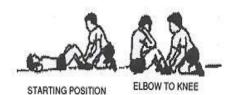


RETURN TO STARTING POSITION

ENDURANCE TEST

MILE-AND-A-HALF RUN:

A stop watch time is your score.





RETURN TO STARTING POSITION

		20 yrs 29 yrs.			30 yrs 39 yrs.			40 yrs 49 yrs.			50 yrs. and up	
SIT UPS	PTS.	MALE	FEMALE		MALE	FEMALE		MALE	FEMALE		MALE	FEMALE
Distinguished	5	51	42		45	37		39	34		38	33
Commendable	4	40 - 50	33 - 41		34 - 44	28 - 36		26 - 38	23 - 33		25 - 37	22 - 32
Competent	3	35 - 39	29 - 32		29 - 33	24 - 27		19 - 25	17 - 22		17 - 24	15 - 21
Marginal	2	24 - 34	20 - 28		18 - 28	15 - 23		6 - 18	5 - 16		5 - 16	4 - 14
Provisional	1	0 - 23	0 - 19		0 - 17	0 - 14		0 - 5	0 - 4		0 - 4	0 - 3
PUSH UPS	PTS.	MALE	FEMALE		MALE	FEMALE		MALE	FEMALE		MALE	FEMALE
Distinguished	5	43	24		37	20		28	15		23	12
Commendable	4	28 - 42	15 - 23		23 - 36	13 - 19		18 - 27	10 - 14		15 - 22	8 - 11
Competent	3	20 - 27	11 - 14		17 - 22	9 - 12		13 - 17	7 - 9		11 - 14	6 - 7
Marginal	2	5 - 19	3 - 10		3 - 16	2 - 8		2 - 12	2 - 6		2 - 10	2 - 5
Provisional	1	0 - 4	0 - 2		0 - 2	0 - 1		0 - 1	0 - 1		0 - 1	0 - 1
FEMALE MILE 1/2 RUN	PTS.	MILE 1/2 - MINUTES			MILE 1/2 - MINUTES			MILE 1/2 - MINUTES			MILE 1/2 - MINUTES	
Distinguished	5	11:41			12:32			13:24			14:20	
Commendable	4	13:41 - 11:42			14:49 - 12:33			16:15 - 13:25			17:34 - 14:21	
Competent	3	16:31 - 13:42			17:40 - 14:50			19:06 - 16:16			20:25 - 17:35	
Marginal	2	18:49 - 16:32			19:57 - 17:41			21:23 - 19:07			23:22 - 20:26	
Provisional	1	18:50			19:58			21:24			23:23	
MALE MILE 1/2 RUN	PTS.	MILE 1/2 - MINUTES			MILE 1/2 - MINUTES			MILE 1/2 - MINUTES			MILE 1/2 - MINUTES	
Distinguished	5	10:15			11:00			11:45			12:34	
Commendable	4	12:00 - 10:16			13:00 - 11:01			14:15 - 11:46			15:25 - 12:35	
Competent	3	14:30 - 12:01			15:30 - 13:01			16:45 - 14:16			17:55 - 15:26	
Marginal	2	16:30 - 14:31			17:30 - 15:31			18:45 - 16:46			20:39 - 17:56	
Provisional	1	16:31			17:31			18:46			20:40	

^{*} Score of 1 on any of the physical agility tests or an overall average of less than 2.5 will result in elimination from the testing process.